

# SAMMONS PARK

## INDOOR POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:45am	Open/ Lap Swim	Open/ Lap Swim	Open/ Lap Swim	Open/ Lap Swim	Open/ Lap Swim	
8:00-9:00am	Senior Open Swim	Senior Open Swim	Senior Open Swim	Senior Open Swim	Senior Open Swim	
9:15-10:15am	Aquacize	Aquacize	Open/ Lap Swim	Aquacize	Aquacize	
10:30-11:30am	Aqua Arthritis All Ages	Aqua Arthritis All Ages	Aqua Arthritis All Ages	Aqua Arthritis All Ages	Aqua Arthritis All Ages	Swim Lessons 11:00-11:50am
11:45-12:45pm	Open/ Lap Swim	Lap Swim	Hydro Fitness	Lap Swim	Open/ Lap Swim	Lap Swim 12:00-1:25
1:00-3:00pm	Therapeutic Swim	Therapeutic Swim	Therapeutic Swim	Therapeutic Swim	Therapeutic Swim	Family Swim 1:30-3:00pm
3:15-4:15pm	Open/ Lap Swim	Open/ Lap Swim	Open/ Lap Swim	Open/ Lap Swim		
4:30-5:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	<b>Non-instructed Class \$1.50 punch or \$3 cash</b>	
5:45-6:45pm	Open/ Lap Swim	Open/ Lap Swim	Open/ Lap Swim	Open/ Lap Swim	<b>Instructed Class \$2.50 punch or \$4 cash</b>	
7:00-8:00pm	Open/ Lap Swim	Open/ Lap Swim	Open/ Lap Swim	Open/ Lap Swim		

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